

A photograph of a group of children and an adult male coach running on a grassy field. The children are wearing orange t-shirts with the UFIT logo and blue shorts. The coach is wearing a red t-shirt and a black cap. They are all smiling and appear to be in motion, possibly during a game or practice session.

# UFIT'S SPORTS FOR LIFE PROGRAM

TOGETHER WE WIN

For Kids Aged 6 - 18

## KEY DETAILS

**LOCATIONS:** Fairmont Hotel, Orchard & one-north

**DATES:** w/c Monday 16th August - w/c Monday 4th October (8-week term)

**TIME:** weekly 1-hour sessions after-school

**AGES:** 6-18 years old (4 age-specific programs)

**PRICE:** \$280 (\$35 per session)

## WHAT TO EXPECT?

The program teaches children the benefits of a healthy mind and body, while building a base of life skills that are critical to future development. The program is a specific pathway for kids' health and fitness, based on their age group, athletic ability, and personal goals.

All programs will be conducted by UFIT's best-in-class coaches. The kids will be in small groups with their peers and teammates to add to the fun and social interaction on the program while enhancing the speed and success of their development.

Register your child at [ufit.com.sg/sports-for-life-program](https://ufit.com.sg/sports-for-life-program)



### **Orange Program (ages 6 - 8 years)**

Kids will be guided through a program that introduces them to the fundamentals of movement and coordination. There will be a huge amount of fun and highly energetic games and exercises that will help motivate them to develop skills for all sports and day-to-day life.

### **Green Program (ages 9 - 11 years)**

Children will really start to see the results of their efforts and continued physical improvement. Learning the value of teamwork, discipline, and reaching for your goals will complement the children's physical development. This is key to instilling intrinsic motivation and confidence that will help them push that little bit harder.

### **Yellow Program (ages 12 - 15 years)**

Here, they will learn more about the benefits of being in great physical and mental shape. This program will include goal setting, injury prevention, and nutritional advice, providing a "toolbox" of valuable life skills. It's about feeling good, approaching life with confidence, and setting yourself up to be the best version of yourself.

### **Gold Program (ages 15 - 18 years)**

As your child matures, it's vital that both mental (imagery, self-talk) and physical (speed, strength, agility) skills are refined and advanced. In this program, we will prepare your child for the competitive and demanding environment of high-school and university sport. We give a taste of what's to come and educate on how to prepare for the next sporting level, all while keeping your child healthy, injury free and most importantly, enjoying their sport.





# SCHEDULE

## FAIRMONT HOTEL, RAFFLES CITY

### ORANGE PROGRAM (6 - 8 YEARS)

Monday 16th August - Monday 4th October from 4:30pm - 5:30pm (8 weeks)

### GREEN PROGRAM (9 - 11 YEARS)

Monday 16th August - Monday 4th October from 4:30pm - 5:30pm (8 weeks)

### YELLOW PROGRAM (12 - 15 YEARS)

Monday 16th August - Monday 4th October from 5:30pm - 6:30pm (8 weeks)

## ORCHARD

### YELLOW PROGRAM (12 - 15 YEARS)

Monday 16th August - Monday 4th October from 4pm - 5pm (8 weeks)

Thursday 18th August - Wednesday 6th October from 4pm - 5pm (8 weeks)

## ONE-NORTH, BUONA VISTA

### YELLOW PROGRAM (12 - 15 YEARS)

Wednesday 18th August - Wednesday 6th October from 4pm - 5pm (8 weeks)

### GOLD PROGRAM (15 - 18 YEARS)

Monday 16th August - Monday 4th October from 4pm - 5pm (8 weeks)